

Yoga Classes for Veterans



Veterans must be referred by their Primary care team

- Make the referral to **WRIISC Yoga Wellness** for classes at Palo Alto & Menlo Park
- Make the referral to **Yoga Wellness Telehealth** for classes at the CBOCs

Local Veterans may attend yoga/tai chi classes on a drop-in basis once we receive the referral or request an appointment through VA scheduling.

Telehealth students must contact Louise Mahoney to schedule their first appointment after being referred.

For more information contact
Louise: 650-849-0407 or
Linda: 650-493-5000 x 62355
Email: louise.mahoney2@va.gov
or linda.collery@va.gov

Classes at PAD

Day	Time	Yoga Class Type	Location
Mon	3-4:30 pm	Chair Yoga & Yoga Relaxation	PAD Bldg 4 Rm C260
Tues	12-12:45pm	Tai Chi	PAD Bldg 6 Rm C258
Wed	11a-12pm	Mat/Chair Yoga	PAD Bldg 4 Rm C260
Thur	10-11am	Chair Yoga	PAD Bldg 4 Rm C260
Fri	10-11am	Chair Yoga	PAD Bldg 4 Rm C260
Fri	12-1pm	Women only Mat/Chair Yoga	PAD Bldg 6 Rm C258

Classes at MPD

Wed	6-7pm	Mat/Chair Yoga	MPD Welcome Center Art Room
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Classes by Telehealth at Community-based Clinics

Mon	3-4pm	Chair Yoga	FRC, MOC, MONT, SJC, SOC, STC
Fri	10-11am	Chair Yoga	CAC, FRC, MONT, SJC, STC

